

News Briefs

Pre-pay gas policy

Effective Aug. 29, customers who wish to pay cash at the Columbus AFB shoppette gas station will be required to pay inside prior to pumping gas.

As a reminder, gas purchases at Army and Air Force Exchange Service activities are limited to those with military ID cards that authorize exchange purchases.

For questions about AAFES activities or policies, call Joyce Best, Columbus AFB AAFES general manager, at 434-8484.

CCAF cutoff date

To be considered for the Community College of the Air Force October 2005 class, all student documentation must be received on or before Aug. 26. Air Force Forms 968/SNAPSHOTS nominating students for degree candidacy must be submitted to the education center by Sept. 2. For questions or more information, call the center at Ext. 2562.

Education assessment

The education center is conducting a needs assessment now through Sept. 9 to identify strengths and find better ways to serve the base community. To complete the survey, visit <https://afvec.langley.af.mil/pages/center.aspx?ID=2700>, select “Take Survey” under the area titled “Needs Assessment,” select “Columbus,” click “Start,” answer the 10 questions and click the “Submit” button when done. Participants are encouraged to provide comments as deemed appropriate. For help or questions, call Ext. 2562.

Inside



FEATURE 11

Columbus AFB civilian deploys to Afghanistan.

Blast from the past



Airman Alyssa Wallace

Col. Mike Holmes, 4th Fighter Wing commander, prepares to return to Seymour Johnson AFB, N.C., Friday after addressing Specialized Undergraduate Pilot Training Class 05-13 at their graduation. Colonel Holmes is a former 14th Operations Group commander and also earned his silver wings at Columbus AFB.

Hazardous waste collection benefits environment, community households

Airman Alyssa Wallace
14th Flying Training Wing

BLAZE TEAM members are encouraged to bring unwanted or leftover household hazardous materials to the recycling center between 7:30 a.m. and 4:15 p.m. Monday through Friday.

A trailer is also located in the shoppette parking lot for use by anyone at any time.

Acceptable items include drain openers, oven cleaners, metal polish,

spot remover, polishes, wax, paints, stains, thinners and adhesives.

All items must be leak free and in their original containers with legible labels. Containers should be packed so they will not tip, break or spill during travel.

Unacceptable items include tires, gasoline, medical products and explosives.

Collected materials will be made available to military family housing residents for free.

“The center provides us with a

great opportunity to save on our purchases, share leftover products with our neighbors and reduce our waste disposal,” said Ms. Howell

According to the Environmental Protection Agency the average household generates more than 20 pounds of household hazardous waste a year.

Ms. Howell said if community involvement will help keep household products that contain hazardous materials out of landfills.

For more information call Ms. Howell center at Ext. 7406.

Fresh faces



Airman Alyssa Wallace

The 14th Flying Training Wing congratulates the most recent First Term Airmen's Center graduates. Pictured are (top row): Airmen 1st Class David Krosschell, 14th Communications Squadron; Mark Hurlbut, 14th CS; Thomas Lebon, 14th Services Division; Brandon Crabtree, 14th Operations Support Squadron; Keith Brown, 14th CS; Rodriguez Smith, 14th CS; Joe Lopez, 14th OSS; Airman Jayson Dinsmoor, 14th Medical Support Squadron; Airman 1st Class Douglas Pearson, 14th OSS; Tech. Sgt. Brian Bailey, FTAC instructor; (bottom row): Airmen Jonnie Moore, 14th Civil Engineer Squadron; Lynnette McCarrier, 14th Medical Operations Squadron; and class leader Airman 1st Class Charity Cunningham, 14th Mission Support Squadron.

AF tests new officer assignment system

RANDOLPH AFB, Texas — The Air Force will conduct a test of a continuous officer assignment system for a select group of career fields beginning in September.

The test system, designed as the result of a Lean process review, seeks to eliminate the vulnerable to move list, or VML, and facilitate deliberate career moves through Force Development.

It is also expected to reduce permanent change of station costs by eliminating unnecessary moves, said officials at the Air Force Personnel Center here.

Col. Lee Hall, AFPC director of assignments, said the current system works fine, but can be improved by adapting it to the tenets of the Force Development construct.

“We are testing this system to see if there’s a better assignment process for

today’s Air Force,” said Colonel Hall. “Rather than determine assignments using officers time on station as the primary driver, the test will seek to match officers to assignments based upon what the career field development teams, with input from commanders and supervisors, determine is the most appropriate next step for their development.

“While time on station will remain a significant factor, what really defines the pool of officers available to fill any particular requirement today are those with the requisite skills the development teams have indicated need that type or level of assignment next to further both their personal development and future value to the Air Force,” he said.

Colonel Hall added the test system should provide an additional benefit to officers in a “must move” status await-

ing notification of their next assignment. For example, officers who now attend professional military education in the summer normally wait until the following spring for follow-on assignment notification.

“The test assignment system would provide the flexibility to begin matching people to assignments as soon as requirements are know instead of relying upon a rigid timeline as the current VML approach dictates,” said Colonel Hall. “Once assignment openings are identified and development teams determine appropriate development paths, the matching process could begin.”

To help ensure the test’s success, officers included in the test group must ensure their transitional officer development plan, or T-ODP, is current.

SILVER WINGS

How to reach us

14th Flying Training Wing Public Affairs
555 Seventh St. Suite 203
Columbus AFB, MS 39710
Commercial: (662) 434-7068
DSN: 742-7068
Fax: (662) 434-7009
E-mail: silverwings@columbus.af.mil

Editorial Staff

Col. Stephen Wilson
14th Flying Training Wing
Commander

Mr. Rick Johnson
Public Affairs Chief

Tech. Sgt. Keith Houin
NCOIC

Airman 1st Class Cecilia Rodriguez
Editor

Airman Alyssa Wallace
Staff Writer

Submission Deadline

The deadline for submitting copy for next week’s SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

Published by the Commercial Dispatch Publishing Company, Inc., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 14th Flying Training Wing.

This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services.

Contents of the SILVER WINGS are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication does not constitute endorsement by the DOD, the Department of the Air Force or Service Publications, Inc., of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB, Miss.

The SILVER WINGS staff reserves the right to edit or rewrite all copy submitted when necessary. All photos are U.S. Air Force photos unless otherwise stated. Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2427.

COLUMBUS AFB TRAINING TIMELINE

PHASE II

Squadron	Senior Class	Squadron Overall	Track Select
37th (06-07)	1.72 days	-0.18 days	Sept. 2
41st (06-08)	0.95 days	0.64 days	Sept. 27

PHASE III

Squadron	Senior Class	Squadron Overall	Graduation
48th (05-14)	8.14 days	2.12 days	Sept. 9
50th (05-14)	0.26 days	2.12 days	Sept. 9

WING SORTIE BOARD

Aircraft	Required	Flown	Annual
T-37	1,601	1,913	27,477
T-38C	679	688	12,888
T-1A	624	679	11,903

Graduation speaker: Lt. Gen. Bruce Wright, 5th Air Force commander

First AF Stryker unit deploys to Iraq

1st Lt. Teresa Sullivan
354th Fighter Wing

EIELSON AFB, Alaska — The first Air Force Stryker unit marked its first deployment with the high-tech Army vehicle when it departed here Sunday for Iraq.

About 20 Airmen from the 3rd Air Support Operations Squadron deployed with the Army's 172nd Stryker Brigade Combat Team, both stationed at nearby Fort Wainwright.

"Our guys are ready and they're focused," said Lt. Col. Russell Smith, 3rd ASOS commander. "We're deploying with the Stryker brigade and I'd say this is a great partnership. We're truly a part of one team."

The 3rd ASOS serves as the primary air liaison between the Army and Air Force during ground operations. The squadron became the first Air Force unit to receive the Stryker in May at the Army's Joint Training Center at Fort Polk, La., where training continued in preparation for the Iraq deployment.

"Having the Strykers will help us by improving our capability and survivability during fast-paced ground operations," Colonel Smith said of the 3rd ASOS transition from Humvees to the same Stryker vehicle used by its Army partners.

Not only will the 3rd ASOS be able to complete the mission more effectively, Colonel Smith said, but they will benchmark techniques and procedures for future operations.

"They are setting the standard on how to do business for years to come," said Col. Paul Johnson, commander of the 354th Operations Group here to which the 3rd ASOS is assigned. "Stryker vehicles have proven themselves throughout Iraq, and our joint terminal attack controllers will benefit from the same level of protection and firepower as their brethren Soldiers.



"Special communications and sensor equipment, essential to their unit, have been installed on their vehicles," Colonel Johnson said. "With these new state-of-the-art vehicles, our 3rd ASOS personnel will not only fight today's fight, they will develop the tactics, techniques and procedures our Stryker-equipped Airmen will be using in the future.

"We're the first Air Force unit to have Strykers and we're excited to use them in combat," Colonel Johnson said of the five customized tactical air control party Strykers 3rd ASOS Airmen will use to perform their mission.

The squadron provides a bird's-eye view of the battle for the battle commander by serving as the liaison between air and ground forces. They play a critical role in the 172nd SBCT mission, Colonel Smith said. Having specially modified TACP armored Stryker vehicles offers more top cover for Army ground troops.

"We are the Air Force experts at the ground commander's right hand," Colonel Smith said. "Without airpower expertise on the battlefield, we leave the great

American Soldier on the ground exposed. The Army has transformed into an agile and light fighting force, but in doing so, it has become far more reliant upon air power."

TACPs manage the air space above Army ground troops, guiding reconnaissance and surveillance aircraft and pointing out enemy targets for pilots performing close air support missions. They also coordinate with higher headquarters arranging theater airlift.

In addition, combat weather Airmen assigned to the 3rd ASOS provide weather forecasts to tell the ground commander how the weather will affect the ongoing battle plan. The current or anticipated weather may significantly affect what types of aerial support the Air Force can provide, and how effective the support will be.

TACPs consist of joint terminal attack controllers who are experienced Airmen specially trained to give weapons delivery clearance to close-air support aircraft.

The 3rd ASOS will deploy in two rotations of about six months each.

DUI status

"Don't Drink and Drive"

Last DUI: June 10, 2005

Days since last DUI: 71

Unit: 37th Flying Training Squadron



TEST

(Continued from Page 2)

The T-ODP provides officers a vehicle to communicate directly with their development team, through their commander or supervisor, on the path they envision for their future development and their basing preferences. Following review by the development team, it then becomes a key tool in the assignment process.

The Air Force designed the existing VML system to provide a shared awareness between officers, commanders and assignments personnel on when officers were most likely to move. Commanders could then determine whether to release officers for assignments or keep them additional time based upon mission or personal needs. However, that original intent changed over time.

"The VML evolved to where every officer who came out on the list felt they were essentially being told it's time to go, sparking a rush to 'find a job.' This differs completely with the intent of Force Development," said Colonel Hall.

Assignment moves under Force Development depend not only on what officers are currently doing for the Air Force but what the Air Force is growing them to become.

"Officers who aspire to attain senior leadership positions will likely find themselves moving more often to gain the required range of experiences," said the colonel. "But, not all officers will necessarily need to gain that same level of operational or strategic experience and so may continue to be appropriately employed where they are now."

The test and validation process, scheduled to begin with assignment actions after Sept. 1 will include all officers in the civil engineer career field on the mission support side and all rotary-wing pilots and fixed-wing special operations/combat search and rescue pilots, navigators, fire control officers and electronic warfare officers (UH-1, MH-53, MH-60, HH-60, CV-22, AC-130, HC-130, MC-130 primary major weapon systems, regardless of current duty AFSC) from the rated community.

For more information on assignments, visit the Air Force assignments Web page at www.afpc.randolph.af.mil/afas/ or contact your AFPC assignments team.

Air Force seeks stories from 9/11 generation

Tech. Sgt. J.C. Woodring
Air Force Print News

SAN ANTONIO — The face of the world changed when terrorists intentionally crashed commercial aircraft into the Twin Towers in New York and into the Pentagon on Sept. 11, 2001. A global audience watched the attacks live on television, and the repeated images haunted many for weeks, months or even years.

These attacks inspired different reactions. Some feared living in major cities, others became avid news junkies, and many chose to join the fight for freedom. Since Sept. 11, 2001, more than 135,000 have joined the Air Force.

Air Force officials want to share their stories.

In an effort launched Aug. 17, Airmen who are part of this "9/11 Generation" can tell their stories through Air Force Link, the Air Force's official Web site.

"Before 9/11, many Airmen never really thought that they might go to war," said Col. Janice Gunnoe, Air Force News Agency commander. "Since the attacks, our new Airmen understand that their country is at war, and they chose to join the fight anyway.

"This is a drastic change in their motives, and these letters are a way for them to tell their stories," she said.

Airmen can submit stories to www.af.mil/letters/index.asp?type=4. To record an audio story, call (877) 237-2346 toll free, DSN 945-5918 or commercial (210) 925-5918 and select Option 2.



Air Force Birthday Ball

"Proud Heritage ...

BLAZEing Future"

6 p.m. Sept. 17

Trotter Convention Center

Cost is \$30

See a first sergeant for tickets

For more information, call

Ext. 7708

Negative effects of smoking not deterring servicemembers

Samantha Quigley
American Forces Press Service

WASHINGTON — The death of broadcasting icon Peter Jennings from lung cancer has again brought smoking and its dangers to the forefront of public consciousness.

Before his death, Mr. Jennings admitted he was a longtime smoker.

While an estimated 25 percent of Americans smoke, the military's numbers hover at 34 percent, said Col. Gerald Wayne Talcott with the Air Force Medical Support Agency in Falls Church, Va.

That represents an increase of 4 percent for the military between 1998 and 2002, the time frame for the most recent data. According to the same data, 27 percent of the active-duty Air Force smokes, an increase of 1.3 percent between 1998 and 2002.

"We do have a higher prevalence of smoking for our youngest people in the military," Colonel Talcott said. "Now, if you look at officers, that's not the case.

But for our youngest members, that's our E-1s through E-4s ... the overall prevalence is a little bit higher than the national average.

"It's a good suspicion" that the war is a factor in the increase of military smokers, he said.

Servicemembers who smoke often claim it is a stress reliever. Colonel Talcott said that might be true, but only for people who already are addicted. Before addiction occurs, smoking actually increases stress on the body, he said.

Smokers may see their habit as a personal risk, but many may not realize it affects force readiness, Colonel Talcott said. Even among smokers who have no ongoing diseases related to smoking, it impairs night vision, weakens the immune system and can lengthen healing time. Smokers also may have more frequent upper-respiratory ailments.

Tobacco use also affects families, the colonel said.

"We have a lot of young people (who) are just starting families," Colonel Talcott said. "It has an impact on those

young children as well. If you're smoking around them, their risk for upper-respiratory infections goes up as well."

Smoking is a deceptive risk for younger people, since they do not necessarily feel the immediate ramifications. But, if a smoker quits, as more than 50 percent of Defense Department people who smoke have expressed a desire to do, there are benefits to be reaped.

"Your body has a very recuperative ability," Colonel Talcott said. "We have a very young population, so the sooner you quit and the less amount of time you smoke, the faster your body repairs itself. Within 10 to 15 years (of quitting smoking) your risk for cancer, if you quit early enough ... is almost the same as it would be for a nonsmoker."

Servicemembers have multiple excuses for not quitting. The fear of failure or a failed first attempt often keeps smokers from trying to quit again, Colonel Talcott said. However, he said a failure does not mean that a second, or even a third, attempt is going to fail.

"You aren't always successful the first time," he said. "What we know is that it seems like the more people try to quit, the more likely they are to quit successfully."

Some smokers, especially women, are afraid to kick the smoking habit out of

fear that they will gain weight. That is not a good enough excuse, Colonel Talcott said. A person would have to gain 100 pounds to equal the negative health effects of continued smoking, he said.

The weight-gain theory is also not necessarily true. Among recruits in basic training — where smoking is disallowed, meals are controlled and exercise is a must — there is virtually no weight gain, Colonel Talcott said.

Help is available for those who wish to quit but think they need help. Most base health and wellness centers offer smoking cessation classes, and nicotine-replacement therapies are available.

The DOD is working with primary care physicians to help them spot tobacco use early and provide messages about quitting. The Tricare Web site at www.tricare.osd.mil also offers information on why kicking the habit is a good idea and how to quit.

The military also is working to make smoking less attractive by hitting servicemembers who smoke in the wallet. The Army and Air Force Exchange Service is restricted to discounting tobacco products no more than 5 percent below what they would cost outside a military installation.

Precious metals

The Department of Defense needs your assistance in reducing operating costs. One way to help reduce costs is to check all expendable items for precious metals before throwing them away. For more information, contact your unit Precious Metals Recovery Program monitor or call wing PMRP managers David Gaddy at Ext. 7167 or Elise Branson at Ext. 7168.



James Booker
14th Logistics Readiness
Division



STAR BLAZER

The 14th Flying Training Wing thanks Mr. Booker of the Hazardous Material Management team for **quality controlling more than 200 hazardous transactions monthly**. He ensured proper guidelines were met for the Environmental Safety Occupational Health Compliance Management Program.

14TH FLYING TRAINING WING DEPLOYED

As of press time, **29 BLAZE TEAM members are deployed** worldwide.

Remember to support the troops and their families while they are away.



Straight Talk Line

Columbus AFB clinic closure

Question: Why isn't urgent care provided during the clinic closure on Thursday afternoons?

Answer: The ultimate goal of the clinic closure every Thursday from noon to 4:30 p.m. is to provide better service in the long run. During this closure, health care workers prepare for upcoming overseas deployments and complete ongoing training mandated by the inspector general and civilian health care standards.

This continuing focus on improving health care has been a key factor in the 14th Medical Group's No. 1 ranking for customer service in the Air Force. We realize that this may be a serious inconvenience if you are unaware of the closure hours, but this policy is advertised during in-processing. Despite the closure, you can always call 434-CARE and speak with an on-call provider.

*Col. Stephen Wilson
14th Flying Training Wing commander*

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential.

Written questions may be dropped off at the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program through the Blaze web at <https://columbusweb> and the main Web site at www.columbus.af.mil. Questions and answers will be edited for brevity.

Have you crossed into the blue?

**Chief Master Sgt.
Jeffrey Bowes**
14th Flying Training
Wing



"Cross into the blue" — You may see this phrase as the most recent Air Force advertising campaign, but it's much more than that.

It applies to all Airmen — active duty, Guard, Reserve — and is a state of mind. The Air Force is not just another job; it's a profession and a way of life.

Whether you give four years or make it a career, only you can decide whether you're just getting paid by the Air Force or have crossed into the blue.

As military members, we're held to the highest standards. We're expected to be mature, productive members of society, make sound decisions and live by our core values.

Our core values of Integrity first, Service before self and Excellence in all we do are much more than minimum standards and can determine if you've indeed crossed into the blue.

The core values remind us of what it takes to get the mission

done and inspire us to do our very best at all times.

Have you adapted to the Air Force lifestyle? From basic training to technical school to the follow-on training at your first duty station, a large portion of that training is adapting to what the Air Force

expects from professional Airmen. Personnel who have crossed into the blue don't spend hours reading between the lines of Air Force Instruction 36-2903 to justify how they can have red streaks dyed into their hair, get outrageous body piercings and/or tattoos and make up their own uniform combinations just because the regulation doesn't specifically state we can't do so.

Sometimes we need to be reminded of why we chose this profession.

What is it that recharges your batteries and "re-blues" you? Being selected for promotion? Or maybe watching as your friends were selected but you weren't? Being

selected for that dream assignment? Attending an Air Force Academy or Basic Military Training graduation?

In the last two weeks, I have been involved with a couple events that could re-blue anyone — planning and participating in my wife Cristi's Chief's Recognition Ceremony and witnessing my son Lance swearing into the Delayed Enlisted Program.

It doesn't matter what your rank is. You are what makes this Air Force tick. You turn the wheel. The decisions you make every day have a much more dramatic impact than you may realize.

You have the power to make things happen. We're not in the business of hiring people just for the heck of it.

We hire people to perform every one of our missions because the only way the mission is going to get accomplished is with you.

When you excel at your job and develop yourself as a professional Airman, the Air Force team is better for it. Remember, only you can decide whether you're just getting paid by the Air Force or have crossed into the blue.

*"It doesn't matter
what your rank is.
You are what
makes this Air
Force tick."*

CAFB civilian serves six months in Afghanistan

Airman 1st Class Cecilia Rodriguez
14th Flying Training Wing

Influenced by the country's ongoing efforts to battle the war on terror, one BLAZE TEAM member was particularly overcome with a desire to deploy ... and there's no bluesuit in his wardrobe.

Lee Blair, 14th Civil Engineer Squadron, said he wanted to go serve in Iraq for a while. He regularly kept in touch with the Army to find out about different opportunities to serve overseas and eventually learned of an available position.

A letter of agreement with the Air Force released him to the U.S. Army Corps of Engineers; and on Jan. 9, he left with the corps for a six-month deployment to Kabul, Afghanistan.

His trip to Kabul began at the corps headquarters in Winchester, Va., where he in processed and received all his gear — including desert camouflage uniforms and body armor. Four stops and three days later, he arrived in country.

"It was like stepping off onto the moon," he said. "There's nothing green there. It's all rock, desert and mountains, but it's a beautiful country even though there's no color to it."

There, Mr. Blair worked with the Afghan National Army civil engineers and oversaw maintenance and operations for five of the 15 Army bases in Afghanistan.

Every day, he left the corps compound with another employee and traveled to one of the five surrounding locations.

"While I was there, I did much of the same work I do for Columbus AFB," he said.

As chief of operations for the BLAZE TEAM, Mr. Blair is responsible for overseeing the base grounds and facilities — "everything but the airplanes."

"The United States and coalition forces are building brand new bases [in Afghanistan]," he said. "The people there are not really used to maintaining these facilities because we're building them 'Western style.' And of course, they live in buildings constructed much differently than ours.

"A lot of their soldiers have never used a light switch or water faucet, or had a good door with a lock on it or even a key. There are quite a few challenges they're facing over there, but we're training them," he said.

While no direct threat was ever targeted toward Mr. Blair during his deployment, the threat level increased toward the end of his tour and a body guard was hired to travel alongside him.

"Having a local body guard turned out pretty well

because he served as an interpreter, too," he said. "But I never encountered a lot of danger there. Ninety-nine percent of the people in Afghanistan are proud we're there. They're working hard to become independent and doing a good job of it."

*"Ninety-nine percent of
the people in
Afghanistan are proud
we're there. They're
working hard to become
independent and doing
a good job of it."*

Even though they worked 12-hour days, six days a week, the corps employees still found time to explore the Afghan communities. Friday afternoons, they traveled to a refugee camp or orphanage to deliver the goods sent over by the corps.

"I would absolutely recommend the experience to others," Mr. Blair

said of his deployment. "I came back with a better understanding of the Afghan citizens, how many people want us there, and how many of them value their freedom and future democracy."



Courtesy photo
Mr. Blair poses for a photo with his bodyguard Abdullah.



Courtesy photo
Mr. Blair visits with children at an old Russian Ag Center refugee camp. The facility, which houses about 3,000 people, was bombed and has no light, water or other comforts. "The kids will absolutely break your heart," Mr. Blair said. "They are still just a bunch of happy kids — even in their situation." While deployed, he delivered goods to numerous Afghan orphanages and refugee camps.

Nature's own: Pros, cons of feeding methods for your baby

Maj. Beverly Sabourin

14th Medical Operations Squadron

To get you and your new baby off to a healthy start, one of the best things that you can do is to breastfeed.

Human milk contains the right amount of nutrients in the right proportions for a growing baby, and it's easier to digest.

Breast milk is a baby's first immunization. It provides antibodies which protect your baby from many common respiratory and intestinal illnesses and disease. Babies from families with a history of allergic diseases particularly benefit from breastfeeding. Exclusive breastfeeding, especially if it continues for at least six months, provides protection against allergies, asthma and eczema.

Breastfed babies tend to gain less unnecessary weight and be leaner. This may result in being less overweight later in life. One other possible benefit is that breastfed babies tend to score slightly higher on IQ tests when compared to children who are fed formula.

Much of the lay literature about breastfeeding makes it sound like a rather time-consuming, difficult and even painful experience that women must endure for the sake

of their babies' health. No wonder some mothers are left with the impression that they must "martyr" themselves and breastfeed for their baby's sake.

We must remember that many of the problems and inconveniences commonly described in literature and passed around by word of mouth as "horror stories" are due to the fact that we live in an uneducated society. Thus, problems such as "insufficient milk syndrome," engorgement, cracked and bleeding nipples — all of which would be rare in a breastfeeding society — have become commonplace.

Research has shown that mothers who breastfeed have lower incidents of post-partum hemorrhage and experience a delay in the return of ovulation and menstruation.

Another well-documented benefit for mothers is a more rapid and sustained weight loss. Milk production burns 200 to 500 calories a day. To burn off an equivalent number of calories, a bottle-feeding mother would need to swim 30 laps or ride a bicycle for over an hour. Just imagine what happens when you combine the effects of fitness and breastfeeding — you'll be back to your pre-pregnancy (or better) body in no time!

So what's in it for Dad? Breastfed babies have less

offensive dirty diapers, and there are no bottles to prepare and warm in the middle of the night. Of course the best benefit for Dad is having a healthy baby that he can play with, snuggle and bathe as their relationship develops. If participating in feeding is important, he can be the main solid-food feeder later.

Another important issue is the relation between infant feeding methods and the environment. Breastfeeding is a completely natural, efficient use of resources. In contrast, artificial feeding involves overgrazing of land by cattle; use of chemical fertilizers to grow the soy; use of valuable environmental resources for formula production; packaging and transportation of the product; use of water and fuel for mixing the product and heating it.

For more information about breastfeeding, call the Federal Breastfeeding Helpline at (800) 994-9662; visit www.4woman.gov/pub/breastfeeding.htm; visit www.aap.org/healthtopics/breastfeeding.cfm; or contact La Leche League International, a breastfeeding support group, at (847) 519-7790 or www.lalecheleague.org.

Informational brochures are available at the base clinic, as well as health care professionals you can speak with.

Club championship set for Labor Day weekend

Pam Wickham
14th Services Division

All BLAZE TEAM members are invited to the Whispering Pines annual club championship Sept. 3 through Sept. 5.

The event-filled weekend includes three days of intensive golfing competition with men's, women's and handicap champion division.

Entry per player is \$45 plus discounted greens fees and includes a prize fund contribution, door prizes, drawings on Saturday and dinner following play Saturday and Sunday.

"This weekend is packed with a lot of golf and spirited competition between our regular golfers," said Ricky Magers, Professional Golf Association golf professional. "As a way of saying 'thanks' to our annual greens fees members who cannot participate in the tournament, we invite them to join us for a steak dinner 1 p.m. Saturday. Cost is \$12 per person and there will be more than \$500 in door prize drawings."

The tournament begins at 7:30 a.m. each day. Flights will be determined by

the number of players entered.

"The more players we have entered, the more flights I can pay out," Mr. Magers said. "Flighting the field gives every golfer a chance to place at their own level."

The deadline for entering the tournament or making a reservation for the steak dinner is Aug. 31 at the Whispering Pines pro shop.

Other upcoming tournaments include a three-lady scramble Sept. 24 with an entry fee of \$50 per person. Cost includes greens fees, a golf cart, prize fund contribution, door prizes and a dinner show at the club. Registration deadline is Sept. 18. Social tickets for the dinner show are \$15 per person and must be purchased by Sept. 18 at the pro shop.

The commanders' challenge tournament is Oct. 7. The four-person scramble begins with a 9 a.m. shotgun start and a commander or vice commander must be a member of the team. Entry is \$15 per person plus greens fees. Burgers, chips and soft drinks will be served after the tournament. For more information call Ext. 7932.



Darryl Petters putts for par as Booker Thomas and Bob LeTourneau look on during the Professional Golf Association Open Pick Tournament Aug. 13 and Aug. 14.

Services continues quest to provide summer fun

Cosmic country rock and bowl: The bowling center offers a rock and bowl from 9 p.m. to midnight with country music on the sound system. Cost is \$2 per game and shoe rental is free. Call Ext. 2426.

Champagne Sunday brunch: The Columbus Club offers this combination of breakfast and lunch entrees from 10:30 a.m. to 1:30 p.m. Sunday. Cost is \$9.95 for club members and \$12.95 for nonmembers. Ages 6 to 12 eat for \$5 and ages 5 and younger eat for free. Call Ext. 2490.

Breakfast burrito delivery: The bowling center's "Burrito Bandito" delivery service begins Monday. Breakfast burritos, juice, water, milk and donuts will be available. Cost for sausage and egg, bacon and egg or cheese and egg burritos is \$1 each. Donuts are 75 cents each. The delivery schedule is 6:30 to 6:45 a.m. at the entrance of Phillips Auditorium; 6:50 to 7:05 a.m. in front of the 50th Flying Training Squadron; 7:10 to 7:25 a.m. in front of the 14th Operations Support Squadron; 7:30 to 7:45 a.m. at the entrance of Phillips Auditorium; 7:50 to 8:05 a.m. at the 14th Services Division and Civil Engineering complex; and from 8:10 to 8:25 a.m. at the front entrance of the personnel center. Call Ext. 2426.

All-you-can-eat lunch buffet: The Columbus Club offers an all-you-can-eat lunch buffet from 11 a.m. to 1 p.m. Tuesday through Friday. Cost is \$4.95 for everyone

throughout August. The a la carte menu is also available with a new 12-minute guarantee. If a patron's order is not ready in 12-minutes, his or her next lunch is free. Call Ext. 2490.

Boss and buddy night: The Columbus Club offers an all-ranks boss and buddy night from 5 to 8:30 p.m. Thursdays in the Landing Lounge. A free taco bar is available for club members. Cost is \$2.95 for nonmembers. Beverage specials are also available. Call Ext. 2490.

Ballet classes: Register now for youth ballet classes starting Aug. 29. Pre-ballet for ages 4 to 6 is from 4 to 4:45 p.m. Mondays; Ballet I for ages 6 to 9 is from 4 to 5 p.m. Wednesdays; and Ballet II for ages 10 and older is from 5 to 6 p.m. Mondays and Wednesdays. Cost is \$35 per month. Weekly classes can be purchased for \$9 each week. Call the youth center at Ext. 2504.

Jimmy Buffett night: The bowling center offers a Jimmy Buffett night starting at 7 p.m. Sept. 10. Beverage specials and \$1-cheeseburgers will be available. Call Ext. 2426.

White water rafting trip: The information, ticket and travel office offers a trip to Ocoee, Tenn., to ride the white water rapids Sept. 10 through Sept. 12. Cost is \$105 per person for club members and \$120 for nonmembers. Cost includes a half-river trip, transportation, two nights lodging

and three meals. For more information, call Ext. 7861.

Volksmarch: The fitness center and outdoor recreation program offer a volksmarch, swim and bike event at 7 a.m. Sept. 17. For more information, call Ext. 7861.

Super Sunday bingo: A \$10,000 maximum payout bingo program begins at 2:30 p.m. Sept. 25 at the Columbus Club. Club members may purchase a bingo voucher worth \$60 for just \$50 from Sept. 1 until Sept. 22. Nonmembers can play, but must pay a \$10 admission fee. Call Ext. 2490.

Spelunking adventure: Register at outdoor recreation for this trip Oct. 8 and Oct. 9. Cost is \$75 per person and includes transportation, cave camping and breakfast. Call Ext. 7861.

Pro football trips: The information, ticket and travel office offers several trips to New Orleans, La., to watch the Saints compete. Cost for a single-night trip is \$115 per person and includes transportation, double occupancy lodging and a ticket to the game. Single-night trips are available Oct. 1, Oct. 29, Dec. 3 and Dec. 23.

Two-night trips are available Sept. 16 to Sept. 18, Oct. 14 to Oct. 16, Nov. 4 to Nov. 6 and Dec. 16 to Dec. 18. Cost is \$175 per person and includes transportation, double occupancy lodging and a ticket to the game. For more information, call Ext. 7861.

Movies

Today
"Fantastic Four"
(PG-13, sequences of intense action and some suggestive content, 106 min.)
Starring: Ian Gruffudd and Jessica Alba.

Saturday
"The Island"
(PG-13, intense sequences of violence and action, some sexuality and language, 127 min.)
Starring: Ewan McGregor and Scarlett Johansson.

All movies are shown at 7 p.m. at the base theater, unless otherwise noted. For more information, visit www.cafb.services.com.

Chapel Schedule

Catholic

Sunday:
9:15 a.m. — Mass
5 p.m. — Confessions
5:30 p.m. — SUPT Mass

Protestant

Sunday:
9 a.m. — Adult and children's Sunday School
10:45 a.m. — Contemporary/Traditional combined service
Wednesday (Starting Aug. 24):
9:30 a.m. — Ladies Bible study
11:30 a.m. — Lunchtime study
5 p.m. — Pot luck supper and 6 p.m. — Video study
A Case for Kids
Pioneer Clubs

Pool party

A pool party kickoff for Pioneer Clubs is from 7:30 to 10:30 p.m. Aug. 27 at Independence Pool. Families are encouraged to bring a dessert to share. For more information, call Ext. 2500.

Religious studies

"Living by the Word," a workbook-based course by Howard Hendricks on how to study the Bible inductively, is from 7 to 8:30 p.m. Monday at the base Chapel annex beginning Sept. 12. All are welcome to attend this Bible study fellowship sponsored by the Officers' Christian Fellowship. For more information, call Maj. Kenneth Crane at Ext. 2000.

Base Notes

Education advisor needed

The education center is in search of applicants to fulfill the assistant education advisor and distance learning monitor position from Oct. 1 through Sept. 30, 2006. A baccalaureate degree is required. For details on how to apply, call Ramona Ferguson at Ext. 7763. For details pertaining to the job, call Jose Dorta at Ext. 2565.

COSC social

A Columbus Officers' Spouses' Club "Night Full of Mysteries" social is at 6 p.m. Sept. 13 at the Columbus Club. The menu is sliced rosemary pork loin

and cost is \$12. Columbus Club members receive a \$2 discount. New members are always welcome. For reservations, contact Jennifer Wood at woodtjjg@cablone.net or 425-6059 by noon Sept. 8.

Case lot sale

A commissary case lot sale is from 9 a.m. to 4 p.m. Sept. 16 and Sept. 17 outside behind the store. For more information, call Ext. 7109.

Thrift Shop

The Thrift Shop, located at Building 345, C Street, is open from 3 to 6 p.m. Tuesdays and from 9 a.m. to 1 p.m. Thursdays. Consignments are accepted until one hour from closing. Volunteers are needed. Any amount of time is appreciated. For more information, call 434-2954.

Family Support Center

(Editor's note: All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)

Personal financial analysis

Individual financial counseling and a financial analysis are available for those planning to make a major financial decision, purchase a home or vehicle, or make a lifestyle change.

Spouse welcome

A welcome reception for spouses new to Columbus AFB is from 10 to 11 a.m. every Wednesday at the Magnolia Inn Lobby. Spouses will receive gifts and information about the family support center.

Local employment

A workshop about employment opportunities with local businesses, the 14th Services Division and government applications is from 1 to 2 p.m. every Wednesday. Resumes and other job applications will also be discussed.

Give Parents a Break

This free childcare is offered from 9 a.m. to 3 p.m. Saturday. The Air Force Aid Society sponsors this program for active-duty Air Force families who are experiencing unique stresses such as deployments, remote tours of duty and extended working hours.

Families must be referred by one of the following: squadron commander or

first sergeant, chaplain, doctor or medical professional, or personnel from family advocacy, the family support center or child development center. For more information, call the youth center at Ext. 2504 or the CDC at Ext. 2479.

Home economics

A workshop with ideas on how to maximize family resources is at 11 a.m. Thursday.

Solving people problems

A workshop about how to solve people problems on the job is from 12:30 to 2:30 p.m. Thursday. Participants will learn how to identify troublesome personality types and handle them tactfully and effectively. Video tapes and discussions will be included. Registration is required by Tuesday.

Sponsorship training

A workshop designed for all unit introduction monitors is at 9 a.m. Aug. 30. Training includes the importance of effective sponsorship and resources available for both sponsors and newcomers.

Air Force Aid Society

The Air Force Aid Society offers 24-hour emergency assistance. Possible aid includes interest-free loans, grants, car repairs and emergency travel. For more information about the organization, call the family support center.

Deployment briefing

Military personnel going remote or being deployed must attend a mandatory briefing held daily at 9 a.m. at the family support center.

Congrats reenlistees

The 14th Flying Training Wing congratulates the most recent Air Force reenlistees:

Senior Master Sgt. Cristi Bowes, 14th Flying Training Wing; **Senior Master Sgt. Willard Lacy**, 14th Comptroller Squadron; **Staff Sgt. Marc Flores**, 14th Operations Support Squadron; **Staff Sgt. Christopher Fitzhugh**, 14th Security Forces Squadron; and **Staff Sgt. Ryan Schoon**, 14th Medical Support Squadron.

CONTROL YOURSELF



Play it smart. Know your skill level and ride within it.



(800) 446-9227 • www.msf-usa.org

Pancake breakfast: The East Columbus Lions Club sponsors a pancake breakfast from 6 to 10 a.m. Saturday at the Lions Club House, located at 65 Airline Road. People may carry out or dine in for a \$5 donation.

Lake Lowndes duathlon: Lake Lowndes State Park will hold its annual duathlon at 8 a.m. Saturday. Entry fee is \$20 before the day of the race and \$25 race day. It is a 2-mile run in the park, and 14-mile bike race and another 2-mile run back in the park. For more information, contact the Lake Lowndes State Park at 328-2110 or visit lakelowndes@mdwfp.state.ms.us.

Suicide prevention: A suicide prevention seminar is from 9 a.m. to 4:30 p.m. Aug. 26 at the Trotter Convention Center in downtown Columbus. There is no registration fee, and continuing education credits are available for \$20. For

more information, call 328-0200 or (800) 377-1643.

Spiritual conference: The public is invited to attend the Spiritual Warfare Conference with Dr. Marvin Smith at 6:30 p.m. Aug. 29 through Aug. 31. at Lighthouse Baptist Church, 5030 Highway 182 East. For more information, call 327-1130.

Kerr-McGee United Way Fun Day: This event is from 7 a.m. to 5 p.m. Sept. 10 at Lake Lowndes State Park and open to the public. There will be softball, basketball and tennis tournaments, fishing rodeo, jumpers, a silent auction and cake walk, food and music. Tournament entries are due by Sept. 2. All proceeds will benefit the United Way agencies. For more information, call 327-0807.

Poetry reading and book review: The Sandfield

Horizon Committee holds an open-mic poetry reading and book review at 5:15 p.m. every fourth Sunday at the Sandfield Community Center. Readings begin at 5:15 p.m. and the book review begins at 6:30 p.m.

Stitches From the Heart: Stitches From the Heart seeks volunteers to knit, crochet or quilt blankets, sweaters and hats for babies in need. For more information, call Kathy Silvertown at (866) 472-6903.

Host families needed: Student exchange Cultural Academic Student Exchange Inc. seeks families in the Golden Triangle area to be host families for high school foreign exchange students. For more information, call (800) 458-8336.

For more event listings, visit www.columbus-ms.org.

BARGAIN LINE

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one) Home Transportation Miscellaneous Yard sales Pets

Print advertisement _____

Name _____

Home Telephone # _____ Duty Telephone # _____
(in case we need more information)

Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes ☐ No ☐

What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐ Other _____

If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.

Fitness AFI updated, changes in effect now

Airmen encouraged to familiarize themselves with several highlights

An interim change to Air Force Instruction 10-248 was released May 25. The changes took effect immediately; and although many changes were administrative, there are several highlights active-duty servicemembers should be aware of:

Marginal category testers will retest within 90 days. Continued focus on fitness improvement was lacking when tested at 180 days.

The “eyeball test” is back for commanders. “Professional military image in uniform” is a new section. Unit commanders can direct Airmen to enter the Fitness Improvement Program or attend fitness education classes regardless of their fitness level or weight.

Exemption of one or more components requires that

all components are assessed once the exemption expires. This applies only if an Airman was due to test or tested during an exemption period. If the exemption is more than 30 days, Airmen have six weeks to recondition.

When making a permanent change of station, Airmen must test if they are due prior to their report-no-later-than date.

Everyone must complete the Fitness Screening Questionnaire prior to fitness testing.

Fitness test scores must be entered into the Air Force Fitness Management System within 14 days.

There is now additional guidance on administrative and personnel actions and timelines for those who continue to receive poor fitness scores. Unit commanders will take

administrative action for Airmen who continue to score less than 70 for more than 180 days if there is no sign of improvement. Unit commanders will also make a discharge or retention recommendation to the installation commander for Airmen who remain in the poor category for a continuous 12-month period or receive four poor assessments in a 24-month period.

The muscular fitness assessment (pushups and crunches) may be done before or after the 1.5-mile run. They must be done after the cycle ergometry test.

There is now guidance on handling protected health information. Fitness scores and training reports are not protected health information. An interaction with health-care providers and medical technicians concerning education, intervention or treatment related to the fitness program is protected health information.

The Intertim Change to AFI 10-248 is available on-line at Air Force Forms and Pubs. Any questions should be address with unit fitness program managers. *(Courtesy of the health and wellness center)*

Shorts

Health promotion classes

The health and wellness center offers a variety of health promotion classes. A cholesterol education class is from 9 to 10:30 a.m. Wednesday. Most classes are offered monthly. For more information, call the center at Ext. 2477 or e-mail HAWC@columbus.af.mil.

Youth fall soccer

Today is the last day to register for the youth soccer program at the youth center. Cost is \$25 for youth center members and \$35 for nonmembers. The youth soccer program is open to ages 3 and older. For more information, call Ext. 2504.

Winter bowling leagues

A league organizational meeting for all winter leagues is at 6 p.m. Tuesday at the bowling center. Anyone interested in participating in the leagues should attend. For more information, call Ext. 2426.

Instructors needed

The fitness center is looking for certified aerobics instructors. For more information about these employment opportunities, call Ext. 2773.

One-person scramble

Golfers can legally take two shots during this one-person golf scramble Saturday at the Whispering Pines Golf Course. Entry is \$15 plus greens fees. The deadline to register for this event is today. For more information, call Ext. 7932.

Three Ladies Scramble

This 18-hole scramble is scheduled for Sept. 24 at Whispering Pines Golf Course. The tournament is open to the public as well as Columbus AFB personnel. All food, prizes and golf cart fees will be included in the \$150 registration fee per three-person team. Participation is limited to the first 36 teams to register. For more information, call Ext. 7932.

Hunter education course

People born after Jan. 1, 1972, are required to complete a hunter education course before purchasing a Mississippi hunting license. Three classes will be offered from 8 a.m. to 6:30 p.m. Sept. 24 and Oct. 22 at the Columbus Police Training Facility. People must register four days in advance for these classes. For more information on this course or other courses offered in the area, contact the local district office at (662) 840-5172.



1. Instead of elevators and escalators, always take the stairs.
2. At the supermarket, park as far away from the door as possible.
3. Park at the base exchange and walk to work.
4. Instead of going out to dinner, get out of the house to do something physical.
5. At work, instead of tak-

- ing a coffee break, take walk breaks.
6. If possible, ride your bike to work or to the gym once or twice a week.
7. Instead of watching your children play, get out and play alongside them.
8. Instead of letting the dog out to roam the yard, take the four-legged fella for a walk. *(Courtesy of the health and wellness center)*